

# Menu Calendar Report - January, 2018

Generated on: 1/4/2018 9:09:32 AM by Susan Cox

Site: Junior High School  
 Meal Type: Lunch  
 Site Group: Did You Know Café  
 Menu Line: DYK-Fast Takes

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 Jan</b>	<b>2 Jan</b>	<b>3 Jan</b>	<b>4 Jan</b>	<b>5 Jan</b>
			American Sub Sandwich (28.67 g) Buffalo Wrap, 10-inch tortilla, tyson popcorn chicken, buffalo sauce (49.78 g) Chicken Caesar Salad G612, Tyson Pulled (9.40 g) Ham & Cheese Sub Sandwich (28.65 g) Turkey & Cheese Sub Sandwich (28.67 g) Twisted Breadstick (35.98 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Chilled Bartlett Pears (12.75 g) Fresh Whole Oranges (11.28 g) Caesar Side Salad (5.52 g) Fresh Broccoli Florets (2.12 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Ketchup Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Yellow Mustard	American Sub Sandwich (28.67 g) Buffalo Chicken Salad G612, Tyson Popcorn Chicken, mixed greens, celery, carrot, black bean, cheddar, RECIPE (24.51 g) Chef Wrap (36.55 g) Ham & Cheese Sub Sandwich (28.65 g) Turkey & Cheese Sub Sandwich (28.67 g) Twisted Breadstick (35.98 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Mixed Fruit (15.22 g) Fresh Celery Sticks (1.92 g) Garden Side Salad (3.96 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Ketchup Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Yellow Mustard
<b>8 Jan</b>	<b>9 Jan</b>	<b>10 Jan</b>	<b>11 Jan</b>	<b>12 Jan</b>
American Sub Sandwich (28.67 g) Ham & Cheese Sub Sandwich (28.65 g) Hearty Garden Salad (20.97 g) Sandwich, Cold Sweet & Spicy (34.27 g) Turkey & Cheese Sub Sandwich (28.67 g) Twisted Breadstick (35.98 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Pineapple Tidbits (18.73 g) Fresh Baby Carrots (5.84 g) Garden Side Salad (3.96 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g)	American Sub Sandwich (28.67 g) Fiesta Wrap (MS/HS) (45.11 g) Ham & Cheese Sub Sandwich (28.65 g) Turkey & Cheese Sub Sandwich (28.67 g) Classic Chef Salad (8.10 g) Twisted Breadstick (35.98 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Diced Peaches (15.54 g) Fresh Whole Oranges (11.28 g) Caesar Side Salad (5.52 g) Fresh Broccoli Florets (2.12 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Ketchup	American Sub Sandwich (28.67 g) Antipasto Salad (MS/HS) (13.52 g) Ham & Cheese Sub Sandwich (28.65 g) Sandwich, Cold Southwest Turkey (34.04 g) Turkey & Cheese Sub Sandwich (28.67 g) Twisted Breadstick (35.98 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Applesauce (14.89 g) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Fresh Baby Carrots (5.84 g) Garden Side Salad (3.96 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g)	American Sub Sandwich (28.67 g) Chicken Caesar Salad G612, Tyson Pulled (9.40 g) Ham & Cheese Sub Sandwich (28.65 g) Southwest Wrap (45.05 g) Turkey & Cheese Sub Sandwich (28.67 g) Twisted Breadstick (35.98 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Chilled Bartlett Pears (12.75 g) Fresh Whole Oranges (11.28 g) Caesar Side Salad (5.52 g) Fresh Broccoli Florets (2.12 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g)	American Sub Sandwich (28.67 g) Cobb Salad (7.01 g) Ham & Cheese Sub Sandwich (28.65 g) Turkey & Cheese Sub Sandwich (28.67 g) Zesty Italian Wrap (44.72 g) Twisted Breadstick (35.98 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Mixed Fruit (15.22 g) Fresh Celery Sticks (1.92 g) Garden Side Salad (3.96 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Ketchup

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8 Jan	9 Jan	10 Jan	11 Jan	12 Jan
Ketchup Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Yellow Mustard	Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Yellow Mustard	Ketchup Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Yellow Mustard	Ketchup Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Yellow Mustard	Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Yellow Mustard
15 Jan	16 Jan	17 Jan	18 Jan	19 Jan
American Sub Sandwich (28.67 g) Chicken Caesar Wrap, 10" tortilla, pulled chicken (33.23 g) Ham & Cheese Sub Sandwich (28.65 g) Turkey & Cheese Sub Sandwich (28.67 g) Classic Chef Salad (8.10 g) Twisted Breadstick (35.98 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Diced Peaches (15.54 g) Fresh Whole Oranges (11.28 g) Caesar Side Salad (5.52 g) Fresh Broccoli Florets (2.12 g) Chocolate Skim Milk (20.00 g) White 1% Milk (13.00 g) White Skim Milk (13.00 g) Ketchup Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Yellow Mustard	American Sub Sandwich (28.67 g) Chicken Salad Sandwich, Richs mini sub roll (19.41 g) Ham & Cheese Sub Sandwich (28.65 g) Turkey & Cheese Sub Sandwich (28.67 g) Large Spinach Salad (15.68 g) Twisted Breadstick (35.98 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Applesauce (14.89 g) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Fresh Baby Carrots (5.84 g) Garden Side Salad (3.96 g) Chocolate Skim Milk (20.00 g) White 1% Milk (13.00 g) White Skim Milk (13.00 g) Ketchup Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Yellow Mustard	American Sub Sandwich (28.67 g) Buffalo Wrap, 10-inch tortilla, tyson popcorn chicken, buffalo sauce (49.78 g) Chicken Caesar Salad G612, Tyson Pulled (9.40 g) Ham & Cheese Sub Sandwich (28.65 g) Turkey & Cheese Sub Sandwich (28.67 g) Twisted Breadstick (35.98 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Chilled Bartlett Pears (12.75 g) Fresh Whole Oranges (11.28 g) Caesar Side Salad (5.52 g) Fresh Broccoli Florets (2.12 g) Chocolate Skim Milk (20.00 g) White 1% Milk (13.00 g) White Skim Milk (13.00 g) Ketchup Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Yellow Mustard	American Sub Sandwich (28.67 g) Buffalo Chicken Salad G612, Tyson Popcorn Chicken, mixed greens, celery, carrot, black bean, cheddar, RECIPE (24.51 g) Chef Wrap (36.55 g) Ham & Cheese Sub Sandwich (28.65 g) Turkey & Cheese Sub Sandwich (28.67 g) Twisted Breadstick (35.98 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Mixed Fruit (15.22 g) Fresh Celery Sticks (1.92 g) Garden Side Salad (3.96 g) Chocolate Skim Milk (20.00 g) White 1% Milk (13.00 g) White Skim Milk (13.00 g) Ketchup Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Yellow Mustard	American Sub Sandwich (28.67 g) Buffalo Chicken Salad G612, Tyson Popcorn Chicken, mixed greens, celery, carrot, black bean, cheddar, RECIPE (24.51 g) Chef Wrap (36.55 g) Ham & Cheese Sub Sandwich (28.65 g) Turkey & Cheese Sub Sandwich (28.67 g) Twisted Breadstick (35.98 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Mixed Fruit (15.22 g) Fresh Celery Sticks (1.92 g) Garden Side Salad (3.96 g) Chocolate Skim Milk (20.00 g) White 1% Milk (13.00 g) White Skim Milk (13.00 g) Ketchup Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Yellow Mustard
22 Jan	23 Jan	24 Jan	25 Jan	26 Jan
American Sub Sandwich (28.67 g) Ham & Cheese Sub Sandwich (28.65 g) Hearty Garden Salad (20.97 g) Sandwich, Cold Sweet & Spicy (34.27 g) Turkey & Cheese Sub Sandwich (28.67 g) Twisted Breadstick (35.98 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Pineapple Tidbits (18.73 g) Fresh Baby Carrots (5.84 g) Garden Side Salad (3.96 g)	American Sub Sandwich (28.67 g) Fiesta Wrap (MS/HS) (45.11 g) Ham & Cheese Sub Sandwich (28.65 g) Turkey & Cheese Sub Sandwich (28.67 g) Classic Chef Salad (8.10 g) Twisted Breadstick (35.98 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Diced Peaches (15.54 g) Fresh Whole Oranges (11.28 g) Caesar Side Salad (5.52 g) Fresh Broccoli Florets (2.12 g) Chocolate Skim Milk (20.00 g)	American Sub Sandwich (28.67 g) Antipasto Salad (MS/HS) (13.52 g) Ham & Cheese Sub Sandwich (28.65 g) Sandwich, Cold Southwest Turkey (34.04 g) Turkey & Cheese Sub Sandwich (28.67 g) Twisted Breadstick (35.98 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Applesauce (14.89 g) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Fresh Baby Carrots (5.84 g) Garden Side Salad (3.96 g)	American Sub Sandwich (28.67 g) Chicken Caesar Salad G612, Tyson Pulled (9.40 g) Ham & Cheese Sub Sandwich (28.65 g) Southwest Wrap (45.05 g) Turkey & Cheese Sub Sandwich (28.67 g) Twisted Breadstick (35.98 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Chilled Bartlett Pears (12.75 g) Fresh Whole Oranges (11.28 g) Caesar Side Salad (5.52 g) Fresh Broccoli Florets (2.12 g)	American Sub Sandwich (28.67 g) Chef Wrap (36.55 g) Cobb Salad (7.01 g) Ham & Cheese Sub Sandwich (28.65 g) Turkey & Cheese Sub Sandwich (28.67 g) Twisted Breadstick (35.98 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Mixed Fruit (15.22 g) Fresh Celery Sticks (1.92 g) Garden Side Salad (3.96 g) Chocolate Skim Milk (20.00 g)

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22 Jan	23 Jan	24 Jan	25 Jan	26 Jan
Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Ketchup Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Yellow Mustard	While 1% Milk (13.00 g) White Skim Milk (13.00 g) Ketchup Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Yellow Mustard	Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Ketchup Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Yellow Mustard	Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Ketchup Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Yellow Mustard	While 1% Milk (13.00 g) White Skim Milk (13.00 g) Ketchup Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Yellow Mustard
29 Jan	30 Jan	31 Jan	1 Feb	2 Feb
American Sub Sandwich (28.67 g) Ham & Cheese Sub Sandwich (28.65 g) Hearty Garden Salad (20.97 g) Sandwich, Cold Southwest Turkey (34.04 g) Turkey & Cheese Sub Sandwich (28.67 g) Twisted Breadstick (35.98 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Pineapple Tidbits (18.73 g) Fresh Baby Carrots (5.84 g) Garden Side Salad (3.96 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Ketchup Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Yellow Mustard	American Sub Sandwich (28.67 g) Chicken Caesar Wrap, 10" tortilla, pulled chicken (33.23 g) Ham & Cheese Sub Sandwich (28.65 g) Turkey & Cheese Sub Sandwich (28.67 g) Classic Chef Salad (8.10 g) Twisted Breadstick (35.98 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Diced Peaches (15.54 g) Fresh Whole Oranges (11.28 g) Caesar Side Salad (5.52 g) Fresh Broccoli Florets (2.12 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Ketchup Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Yellow Mustard	American Sub Sandwich (28.67 g) Chicken Salad Sandwich, Richs mini sub roll (19.41 g) Ham & Cheese Sub Sandwich (28.65 g) Turkey & Cheese Sub Sandwich (28.67 g) Large Spinach Salad (15.68 g) Twisted Breadstick (35.98 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Applesauce (14.89 g) Banana (26.95 g) Orange Smiles (11.28 g) Fresh Baby Carrots (5.84 g) Garden Side Salad (3.96 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Ketchup Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Yellow Mustard	American Sub Sandwich (28.67 g) Buffalo Wrap, 10-inch tortilla, tyson popcorn chicken, buffalo sauce (49.78 g) Chicken Caesar Salad G612, Tyson Pulled (9.40 g) Ham & Cheese Sub Sandwich (28.65 g) Turkey & Cheese Sub Sandwich (28.67 g) Twisted Breadstick (35.98 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Chilled Bartlett Pears (12.75 g) Fresh Whole Oranges (11.28 g) Caesar Side Salad (2.76 g) Fresh Broccoli Florets (2.12 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Ketchup Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Yellow Mustard	American Sub Sandwich (28.67 g) Buffalo Chicken Salad G612, Tyson Popcorn Chicken, mixed greens, celery, carrot, black bean, cheddar, RECIPE (24.51 g) Chef Wrap (36.55 g) Ham & Cheese Sub Sandwich (28.65 g) Turkey & Cheese Sub Sandwich (28.67 g) Twisted Breadstick (35.98 g) 100% Apple Juice (14.00 g) Apple Whole: 125 ct (MS/HS) Banana (26.95 g) Fresh Whole Oranges (11.28 g) Mixed Fruit (15.22 g) Fresh Celery Sticks (1.92 g) Garden Side Salad (3.96 g) Chocolate Skim Milk (20.00 g) While 1% Milk (13.00 g) White Skim Milk (13.00 g) Ketchup Light Mayo (2.00 g) Ranch Dressing, Low Fat (3.53 g) Yellow Mustard

Carbohydrate values in grams follow the Menu Item name